



I Am Me Scotland Newsletter

December 2021



Welcome to the I Am Me Scotland **CHRISTMAS** Newsletter

As many of our partners will know, everyone at I Am Me loves to get in the Christmas spirit and spread festive cheer, so be prepared for a newsletter that showcases lots of great work in the community and the true spirit of Christmas. If you, or someone you know would like to be added to the mailing list of this Newsletter, please get in touch with us at iamme@renfrewshire.gov.uk



If you are new to the newsletter, please visit [Page 21](#) for an overview of I Am Me and the Keep Safe initiative.



Christmas Cheer



The Children at **Mary Russell School** have been working hard alongside their teacher Mr Coffield to create, sing and record our new theme song called 'I Am Me' in a private studio! A massive thank you to **Raptor Studios in Johnstone** for offering the studio and cd's free of charge. What a way to spread some joy this Christmas! Listen here: [I Am Me Theme - YouTube](#)



In this issue

Meet I Am Me Keep Safe Learning Platform Christmas Competition Christmas Giving Other News...

Meet our FAVS

In each edition of the newsletter, we will be taking the opportunity to introduce you to two members of our Team, Board, Committee and partners! This month, we would like you to meet...



Molly Potter



Committee Member

Role with Charity :

I worked with I Am Me as the Project Development Officer before returning to university to study Primary Teaching. I am now on the volunteer committee :)

About Yourself

I was lucky to work with I Am Me and the amazing team for two years. The experiences with the team were fantastic - I worked on Keep Safe, MakeaDifference and even made it all the way to Ireland to speak to the Gardai (shout out to Steph for the wild party aka Nandos ;). I am currently completing a PGDE in Primary Teaching which takes up most of my time, and social life! I am looking forward to some time off at Christmas to relax and most likely binge watch Netflix.

Hobbies/Interests

I enjoy walking my dogs, socialising with friends/family and my favourite place is at our caravan on the Ayrshire coast! I have recently taken up golf with my boyfriend, but have A LOT more practising to do.

Fun Fact About Yourself

If i was a boy, i would have been named Harry Potter (born before the movie was out of course!).

Life Motto:

I wouldn't say I have a life motto but I quite like this one...Be a rainbow in someone else's cloud.

Reason for being involved with I Am Me

I Am Me do amazing work raising awareness of Disability Hate Crime. It is something that happens too often in our own communities and many people are unaware of.

Laura Matheson



Committee Member

Role with Charity :

I am a member of the volunteer committee within I Am Me.

About Yourself

Having recently completed my MSc and BA(Hons), I now currently work as an assistant psychologist within the NHS.

Hobbies/Interests

If I'm not eating my money I am wearing it—when I am not out shopping and buying clothes, I love a nice wee meal out with friends to have tasty food and a catch-up. A lot of them also like shopping too, which is a win-win and a great day out :).

Fun Fact About Yourself

I can twitch my nose like a bunny rabbit.

Life Motto:

Be a reason that someone smiles today.

Reason for being involved with I Am Me

Resultant of lived experiences within my family, and personally, I feel passionately about enhancing others' understanding of and education surrounding disability, mental ill-health and wellbeing, to promote a compassionate and sensitive understanding of others around us, and to tackle discrimination, bullying and prejudice.

Area	Number of Keep Safe Places
Aberdeenshire	23
Aberdeen	21
Angus	28
Argyll & Bute	52
Clackmannanshire	12
Comhairle nan Eilean Siar	4
Dumfries & Galloway	84
Dundee	39
East Ayrshire	35
East Dunbartonshire	6
East Lothian	5
East Renfrewshire	16
Edinburgh	38
Falkirk	15
Fife	24
Glasgow City	28
Highland	20
Inverclyde	35
Midlothian	12
Moray	12
North Ayrshire	15
North Lanarkshire	10
Orkney	2
Perth & Kinross	43
Renfrewshire	129
Scottish Borders	12
Shetland Islands	1
South Ayrshire	21
South Lanarkshire	37
Stirling	34
West Dunbartonshire	29
West Lothian	20
COPFS	17
Scottish Courts	37
Total	916

Keep Safe

There are now **916** Keep Safe Places across Scotland!



Keep Safe Places are for ANYONE to go if they are feeling lost, scared, or feeling vulnerable.



Keep Safe Places are there if you just need a moment to calm down, if you need someone to be contacted for you, or if you need help from the emergency services.

Do you own a local business? Are you the manager of a shop, café, or supermarket?

Becoming a Keep Safe Place is straight forward and FREE!

Get in touch with us for more information!

iamme@renfrewshire.gov.uk

Keep Safe Star—PC Lynsay Claxton



PC Lynsay Claxton has been a great support to the Keep safe initiative by signing up and training new business's and supporting us on raising awareness of our charity in the Parliament. Thanks for all your continuing hard work. You're a star!



Keep Safe Sign ups



We have these fabulous businesses joining our growing network of Keep Safe places. These are places that people can go to ask for help if they feel vulnerable, scared or lost in the community. There is no cost involved in becoming a Keep Safe place, so get in touch to have your premises signed up and support your local community!

**Argyll College UHI -
Oban**



Argyll College

**The Saulton Inn—
Aberdeenshire**



**Wilkie & Rider -
Dumbarton**

B&M—Dumbarton



Wilkie & Rider -



Dumbarton day care centre

West Dunbartonshire



Dumbarton FC

West Dunbartonshire



**Patons Place
West Dunbartonshire**



**Iceland Food Warehouse—
West Dunbartonshire**



Keep Safe Special Thank you



PC Dale Logsdon has been working hard on expanding the Keep Safe initiative with training **10 new Keep Safe places** in the last month with more to come! He has been continuously looking for new businesses and raising awareness of Keep Safe encouraging more places to become a part of this amazing initiative. Thanks so much for all your hard work PC Dale Logsdon and Keep being great! Thank-you.

Keep up to date with new Keep Safe premises by following us on Twitter:

@IammeScotland

@KeepSafeSam1



The team were due to deliver a Train The Trainer Ambassador training session in Paisley, with Police partners. However, due to current restrictions we had to move the training session online. This is the first time Ambassador Train The Trainer session has been delivered online.

The training was adapted and changed to fit the online structure over Microsoft teams. And ran smoothly with some minor adjustments.

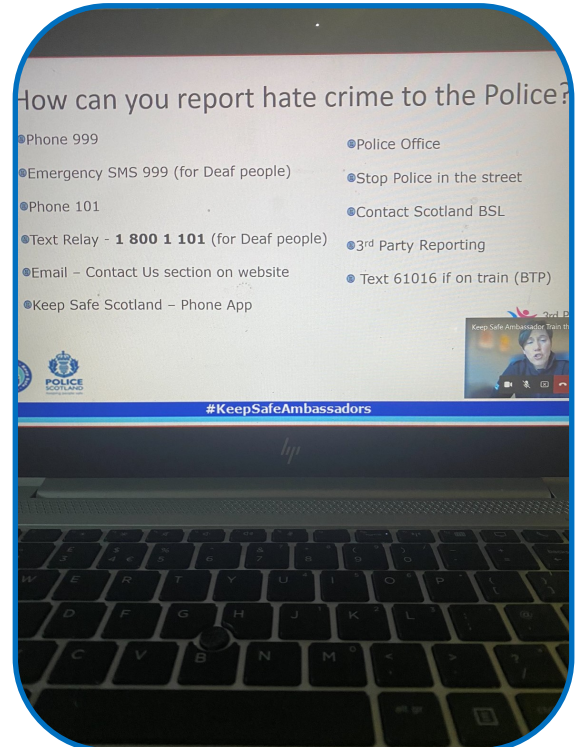


Thank-you to all who participated and a special thank-you to PC Stephanie Rose for delivering her final TTT before handing the mantle over to her colleague Amira.

PC Stephanie Rose has been developing and co-delivering this training for the past 5 years—thank-you for all your hard work!

This means we can get back to delivering Ambassador training in the schools in the new year.

We are aiming to start back delivering Keep Safe ambassador training in schools in Renfrewshire and Inverclyde in 2022.





Christmas Card Winner

Thankyou!!



This year we asked school pupils to make their own Christmas cards again and write a nice Happy Christmas message inside. The winning card would win a magical Christmas Hamper to share with their whole class. However, the competition is extra special as each card would be delivered to an older person in Renfrewshire again this Christmas time.



The response we have received has been just phenomenal, with **10** schools taking part resulting in a total of **714** Christmas cards received.

There was enough for every single resident living in a care home in Renfrewshire to each receive a Christmas card, so THANK YOU to all the children for their beautiful entries.

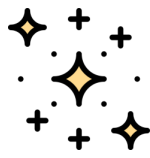


The winner of the Christmas competition was **Sophie from P4/5 from Thorn Primary School**. We hope you and your class enjoy your Kindness box and hamper of goodies which will be dropped off on Monday the 20th of December! Thank you to **Arnold Clark Community Fund** for their Donations in helping us buy Christmas goodies for the children.





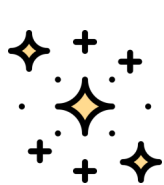
Christmas Giving Thankyou!!



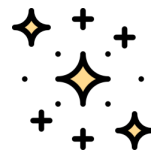
A Massive thank you to everyone who has bought and wrapped beautiful gifts for older people across Renfrewshire, and to the children at Ralston Nursery for collecting bottles to recycle for cash. They used this money to buy lots of amazing gifts for residents in care homes and for ROAR to give out to older people in Renfrewshire. You are all STARS!!

This year, we have collected over 170 gifts and thanks to a donation from Arnold Clark community fund, we have prepared hampers for some of the care homes and for the winning Christmas card class. We also had a Keep Safe stand in the Paisley Piazza and handed out over 200 gifts and cake boxes to Renfrewshire residents. This was only made possible due to the hard work from the children at **Ralston nursery** who bought and wrapped all of the gifts for us to hand out, and to the lovely team at Fairfull Café who donated all of the DELICIOUS cakes.





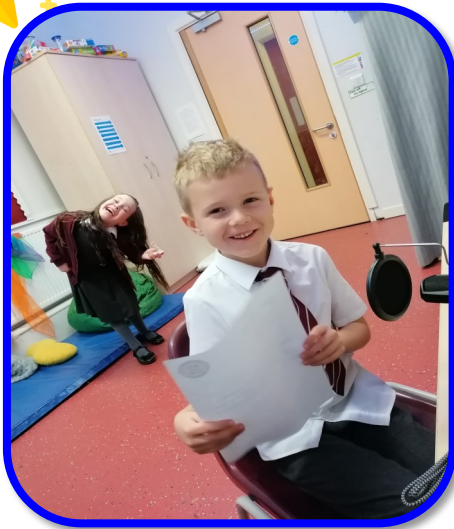
Christmas Giving Thankyou!!



Big THANK YOU to **Langbank Primary** who hand made a beautiful card for all of the care home residents who were receiving gifts.



Great Work Spotlight



Charlie and Lilly

from Kirklandeuk Primary School have been working hard being our voice overs for our p1-p4 UNCRC animations on substance abuse. Their enthusiasm and skills shine through the voice overs. Great Work Charlie and Lilly!

Paisley Grammar school kids

The young people at Paisley Grammar School ensured our Keep Safe Kids event ran smoothly by taking control of sound, lights, and event management. They were all amazing! Great work and thank you!



Mary Russell Primary School Singers

Another exciting venture! We have been working with children at Mary Russell Primary School to record their amazing song 'I Am Me' which will be our new theme song for the Charity. Great work guys and thank you!



Ben Cohen Stand Up Hero Award & Renfrewshire's inspirational awards

A Massive congratulations to Daniel, Rian, Charlotte, Amber, Chloe, Grace and Elsa who have WON the **Ben Cohen Stand Up Hero Award & Renfrewshire inspirational awards** for their contribution to Anti-bullying work in the UK, through their work with us at I Am Me Scotland on the film and animation for the #MakeADifference Down's Syndrome Awareness lesson! Amazing work guys and well done!





#MakeaDifference



The team have been really busy and have finally manage to visit some schools for inputs and consultations.

Crookfur Primary School—Health and Well-being



We were invited to Crookfur Primary in East Renfrewshire along with PC Karen Gallagher to deliver Health and well-being workshops to the Primary 6 classes. We delivered 6 workshops on difference, inclusion, bullying and how to be ambassadors for being kind. Well done everyone who took part, you were all amazing.



Bridge of Weir Primary— Let's #MakeaDifference

The Team were excited to be back delivering the #MakeaDifference Programme to Primaries 4-7 to talk about different disabilities, bullying and hate crime. It was lovely to be back in a school and engaging with these incredible children.





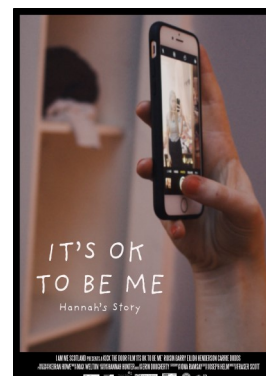
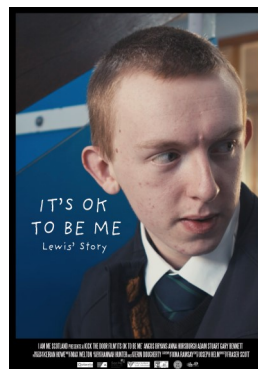
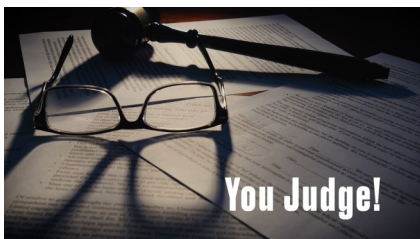
We are excited to announce that our Online Learning Platform is now available to all schools in Scotland FREE!

ALL of our resources are developed with children, young people and disabled people and are aimed at supporting the Curriculum for Excellence Health and Wellbeing Experiences and Outcomes.

In our #MakeaDifference section, we have exciting, interactive lessons, animations and videos talking about different disabilities, inclusion, bullying and the consequences of hate crime. We have additional lessons on Children's Rights, Dementia Awareness and Down's syndrome Awareness.

WATCH THIS SPACE High School Resources

We are currently working on a range of High School resources for the education platform. These will include a Hate Crime Resource (developed in partnership with Police Scotland and the Crown Office), as well as Mental Health films/lessons and lessons accompanying the I Am Me film.



If your school would like access to our FREE online resources, please contact the team on iamme@renfrewshire.gov.uk and we will set you up with a username and password.



Thankyou!



Co-op

Thank-you so much to **Co-op members** for raising a whopping £2979.33 for the Charity. This is amazing and will help with out education resources and keep safe initiative.



Arnold Clark

Arnold Clark



Another massive thank-you to **Arnold Clarks Community Fund** for their donation to the Charity. This is amazing and has helped us buy gifts and hampers for elderly people in care homes across Renfrewshire. As well as provide the winning school hamper and over 60 gifts to children.

Café Fairfull & Ralston Nursery

Thanks to Café Fairfull for providing us with baked goodies for our Christmas presents giving at the Piazza on the 14th of December & Thank-you to Ralston Nursery for providing the gifts and wrapping them. Not a single present or crumb was left. Thanks again.



Morrisons



Thank you to Morrisons who donated 40 selection boxes to I Am Me Scotland. As this allowed us to donate a gift to all children in Langbank Primary School. You really helped us out. The other 40 Gifts came from Arnold Clarks Community fund.



Keep Safe Kids App Launch!



I Am Me Scotland Launched their new 'Keep Safe Kids' app on the 19th November in Paisley Grammar School. The App is now available for download on IOS and Android across Renfrewshire. It is an app designed by 60+ young people for young people to get support and report bullying anonymously in Renfrewshire. **A first of its kind in Scotland!**



Our app has many channels which allows anyone to look for different types of advice, whether it be bullying, mental health, ChildLine or a parents and carers section which allows adults to go and seek advice also.

We would like to thank everyone who attended and all the schools that attended the launch, in particular the key speakers and the amazing young people at Paisley Grammar for organising and delivering the event. A big thank you and well done to the children from Primary 6 at Mary Russell school for performing their very own I Am Me song. You can hear more about this on [Page 9](#).

Again a massive thank you for everyone who attended, spoke and helped in the development of the app, and thank you to **Westrock** for providing us with photo opportunity frames.



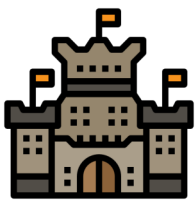


ROCCO AWARD WINNERS!!

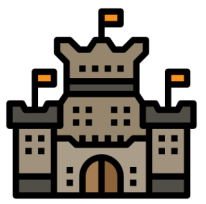


We would just like to thank everyone who voted for I Am Me for the ROCCO Awards. We won **TWO AWARDS!!** We won Renfrewshire's Favourite Business and Renfrewshire's Community Champion of the year. Thank you to everyone who has helped us and supported us along the way and made this possible. We had an amazing night and couldn't be prouder of the charity and its members. Woohoo! Well done to everyone.





The Scottish Parliament



We Had a lovely day at The Scottish Parliament with Edinburgh Council and Edinburgh Police on the 25th of November. A special Thankyou to **Jeremy Balfour MSP** for sponsoring our event to raise awareness of Keep Safe and #MakeADifference programme.

Thank-you to everyone who took the time to pop by and find out a bit more about our charity. **The Scottish parliament will become a Keep Safe place in 2022.**





Can you help?



Work Experience Hiring Opportunity!

Mary Russell School are looking for work experience placements for their senior pupils. Mary Russell school is an additional supports need school in Paisley who have some incredible young people who are keen to work and are reliable and trustworthy. Gaining work experience would greatly enhance their CVs and future application forms while allowing them to develop communication skills and confidence.



Placements can be entirely flexible and take place any time from January—June 2022. The placements can be flexible to suit both employer and young person. This could be one off experience, half day or full day each week for 3—4 weeks etc.

Mary Russell would match pupils to suitable opportunities and offer support when required.



For enquiries please email: Iamme@renfrewshire.gov.uk

Keep Safe Evaluation

I Am Me Scotland would love your input! We would love to hear your feedback about our Keep Safe initiative.

This means we know what works and what needs improving!

If you could please fill out our survey via the link below:

[Community Survey Keep Safe Evaluation 2020 \(arcgis.com\)](https://arcgis.com)





In other news..



It's not a goodbye it's a see you later.

PC Stephanie Rose has left I Am Me Scotland as our Police National Co-ordinator. PC Stephanie has been reallocated another position within her office. However, PC Stephanie will still be very involved in the Charity and Committee. You have been the most amazing support over the past 5 years and we wouldn't be where we are today without you. We will miss you so much and Goodluck in your new post!

Welcome Amira!

PC Amira Petrescu; I have been a Constable with Police Scotland for over 4 years and have been part of the Equality and Diversity department for the past year. I have previously held portfolios such as Asylum Seekers/Refugees, Race, Religion, Gypsy/Travellers and LGBT. I currently hold the Disability and Community Advisors portfolios, running alongside personal projects to promote the combating of Hate Crime across all strands.



Welcome Ellen!

Ellen has joined our team as the Project Initiatives officer assistant for I Am Me Scotland. Ellen's main role will be supporting Mhairi our Projects Initiative officer in our #MakeADifference substance misuse project for UNCRC. The team are delighted to be working with Ellen and can't wait for her to get out to meet you all. Welcome to the Team Ellen.





Fundraising



We have developed a fundraising pack filled with helpful ideas and resources for ANYONE who would like to fundraise for the charity.

These include ideas for schools to raise funds to cover the cost of their visit from the I Am Me team and ideas for individuals or community groups who are just looking to donate or become a little more involved.

I Am Me currently receive no ongoing funding and therefore any contribution, no matter how small, is HUGELY appreciated!

The pack is available upon request by contacting us at

iamme@renfrewshire.gov.uk



Donation Tins

Is there space at your reception or counter for one of our donation tins?

Please let us know by contacting iamme@renfrewshire.gov.uk and we will have some sent out to you.



We would like to say a huge **THANK YOU** to each of the businesses who made space for one of our collection tins at their counter.

You know that old saying 'if you don't ask, you don't get...?'

Did you know that you can donate to I Am Me Scotland through PayPal?

There is a PayPal link hiding at the bottom of our [website](#)—luckily, we have saved you the effort of trying to look for it, by linking it right here, in our newsletter...



Keep Safe Scotland App—Download Now!

Keep Safe is a national initiative that works with a network of businesses such as shops, libraries and cafes who have agreed to make their premises a 'Keep Safe' place for people to go if they feel frightened, distressed or are feeling vulnerable when out in the community.

The Keep Safe Scotland app is available for free on Android and iOS devices.



The app can be used to:

- ◆ Plan routes with Keep Safe places highlighted along the way.
- ◆ View a list of all Keep Safe places across Scotland - broken down by local authority.
- ◆ Find out more information about Keep Safe places such as opening hours, website, telephone number etc.
- ◆ Find the nearest Keep Safe place to the app user and link with Google/Apple maps for directions to it.
- ◆ Link with Police Scotland's hate crime reporting form for a secure method of non-emergency reporting.
- ◆ Link with Police Scotland to dial 101 or 999 with an approximate location displayed before the call connects, so that if the app user is lost and in distress they can alert Police Scotland to their whereabouts.
****In an emergency 999 should always be dialled first. It is not recommended to delay help by going through the app in an immediate emergency situation****
- ◆ Find out more information about different local authorities, such as events, useful contacts, news, and links.
- ◆ Find out more about I Am Me Scotland, such as the YouTube Channel, Twitter, Facebook, and email address.

For more information on the Keep Safe Scotland App, the Keep Safe initiative, or I Am Me Scotland, please contact: iamme@renfrewshire.gov.uk or visit www.iammescotland.co.uk

The Keep Safe Card

This is the Keep Safe card. The Keep Safe card is for anyone to use, and is available in some of our **Keep Safe places**, or can be requested by **contacting us**.

 Keep Safe  My name is	People who can help me  Name.....  Number.....
 Things you need to know about me and my health	 Name.....  Number.....
 How I communicate	 Name.....  Number.....
 Any other details	In a non emergency call the police on  101  In an emergency call the police on  999
	 Police Scotland www.scotland.police.uk  I Am Me www.iammescotland.co.uk  

The Keep Safe card contains details of the persons name, any health concerns, any communication needs, and helpful contact details for friends or family. The card is for use in Keep Safe places or with Police Scotland to highlight any additional support or assistance a person may require.

Keep Safe places can contact someone from the 'People who can help me' section to collect a person requiring Keep Safe assistance.

If you would like to distribute Keep Safe cards within your organisation, you would like to become a Keep Safe place, or you would like further information about the Keep Safe initiative in your area, then please **get in touch**.

An Overview of the I Am Me Project & the Keep Safe Initiative

I Am Me is a community charity that works in partnership with Police Scotland to raise awareness of and tackle disability hate crime.

Disability Hate Crime is one of the most under reported crimes in the UK, with an estimated 97% going unreported. Many incidents go unreported as disabled people accept abuse and harassment as part of daily life. There are 1 million people in Scotland registered as disabled or with a long term illness.

There are two key initiatives; I Am Me and Keep Safe:

I Am Me

I Am Me works with communities to raise awareness of what disability hate crime is and how incidents can affect individuals and the wider community. The project has worked with partners to produce a hard hitting film based on a young adult with autism and a learning disability, and the issues he faces within society. A teaching pack to accompany the film is available at www.iammescotland.co.uk and the film is available to view for free [here](#)—or by visiting our [YouTube](#).

I Am Me have also worked with a number of partners to develop a Primary School Resource which is available to download for free at www.iammescotland.co.uk. The resource aims to: introduce disability; increase understanding of the range of disabilities; highlight the effects of bullying and exclusion; highlight the consequences of hate crime. The films to accompany the resource are available for free [here](#) - or by visiting our [YouTube](#).

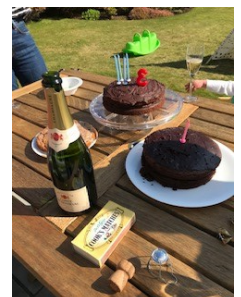
The [#MakeaDifferenceScotland](#) school programme has been developed using our Primary School Resource pack. A PDF version of the Primary School Resource is available on our website, along with links to all of the films that we use. Keep up to date with the school programme by following [@PCRoseScotland](#) on twitter.



Keep Safe

Keep Safe works in partnership with Police Scotland and a network of local businesses to create 'Keep Safe' places for anyone when out and about in the community. People can access these premises to seek assistance and help if they feel lost, confused, scared, in danger or have been the victim of a crime. The initiative is being rolled out across Scotland in partnership with other Local Authorities and Police Scotland. An explanation video of Keep Safe can be found [here](#) - or by visiting our [YouTube](#). If you would like to be involved in the roll out of Keep Safe within your Local Authority, please contact us: iamme@renfrewshire.gov.uk.

Final Note... it has been a few of our committee members and partners birthday's over the past few months—so we'd like to say a big **happy birthday** to Megan, Colin, Laura M, Billy B and Stephen M. We hope you all had an amazing day!



Thank You—Thank you for taking the time to read over our newsletter. For more information on the I Am Me project or the Keep Safe initiative, get in touch!